



# IT'S GURPURAB!!!!



**It's Gurbpurab, so let's count down by remembering Guru Nanak everyday!**

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Guru Nanak gave us mool mantar which is a powerful tool to help us when we are happy and sad.

**Today, do as much mool mantar as possible**

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Guru Nanak travelled to Mecca. This is the holiest place for Muslims. Here Guru Jee reminds us that Vaheguru is everywhere.  
**Today, try to see Guru in everything and everyone.**

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Guru Nanak loved to sing the praises of Vaheguru, we call this kirtan.  
**Today, sit with the family and sing a shabad. If you don't know a shabad listen to one together.**

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Guru Nanak gave the first rehat (code of conduct) to Bhai Mardana Jee. Wake up at Amrit Vela and meditate.  
**Today, do 5 minutes Simran in the morning, afternoon and evening.**

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Guru Nanak gave another rehat to Bhai Mardana Jee. It was to not cut your kesh.  
**Today, try to comb your kesh in the morning and evening (preferably with a wooden comb)**

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**HAPPY  
GURPURAB!**

Cut out the boxes and tac on top on the daily Guru Nanak reveals on page 1



5  
DAYS  
TO GO!

4  
DAYS  
TO GO!



3  
DAYS  
TO GO!



2  
DAYS  
TO GO!

1  
DAYS  
TO GO!



0  
DAYS  
TO GO!